

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

OCTOBER 2006

Serving Seniors for 30 Years

VOL. 30, NO. 6

Cluster Care Volunteer Program Wins National Award



(Left to right) **Grace Starbird**, director of the Fairfax Area Agency on Aging, and **Trina Mayhan-Webb**, volunteer coordinator for the Cluster Care Volunteer Program.

See story on page 4.

This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

Fix Feet for Weight Loss Success

by Kenneth R. Wilhelm, DPM

Many of the estimated 70 million obese Americans are trapped in a life-threatening vicious cycle: Obesity aggravates foot problems, like heel pain and flat feet; sore feet make it hard to exercise and lose weight; and without exercise, obesity worsens and exacerbates progression of diabetes, heart disease and other serious health threats. Obese adults are urged to seek treatment for chronic, activity-limiting foot and ankle problems to foster compliance with physician-directed exercise programs.

It's unfortunate obese adults get caught up in the vicious cycle of avoiding physical activity due to foot or ankle pain, thereby permitting cardiovascular disease and other life-threatening conditions to worsen as a result. For example, in many cases, chronic heel pain occurs from carrying too much weight. Left untreated, it becomes an impediment to physical activity and meaningful weight loss.

There's no reason foot or ankle pain should stop obese patients from exercising. The first step toward breaking that vicious cycle is to have the problem evaluated by a foot and ankle surgeon.

According to the American Council of Foot and Ankle Surgery (ACFAS) consumer Web site, FootPhysicians.com, many causes of foot pain can be relieved nonsurgically through stretching

Cont. p. 11



Daylight Saving Time Ends
Sunday, October 29, at 2:00 a.m.
Turn Your Clocks Back 1 Hour!



GOLDEN GAZETTE

Published by the

COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

Suite #708

Fairfax, VA 22035-1104

Telephone: 703-324-5411

Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site: www.fairfaxcounty.gov/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

Grace Starbird

Director, Area Agency on Aging

Becky Adams

Editor/Advertising Manager

703-324-5479

rebecca.adams@fairfaxcounty.gov

Katharine Wilson

Mailing List Coordinator

703-324-5633

kathy.wilson@fairfaxcounty.gov

Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).

The next deadline is November 1 for the December issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.

____ I am **NOT** currently on your mailing list. Please add my name and address.

____ I am already on your mailing list.

____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____
Zip: _____

NEW ADDRESS (if applicable) _____
Zip: _____

TELEPHONE (in case we have a question) _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on Wednesday, October 18, 1:00 p.m., at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August**.)

Call **703-324-7746** for information or to be placed on the mailing list. If you need special accommodations, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

Evaluating the Need for Insurance in Retirement

Provided by Tim Murray, Certified Financial Planner™ Professional

Of all the changes that come in retirement, few are likely to give you more concern than dealing with money. Your concern is, of course, understandable and widely shared because so much of what will happen is unpredictable. That's especially true of how long and how well you may live—whether you live long enough to have to lower your standard of living so that you can stretch your nest egg to avoid the anxiety of outliving your money.

Although you may improve your situation by taking good care of your health and living without extravagance, you should be adequately covered against unforeseen losses by the right kinds of insurance. If you think of insurance as a product to be bought and focus only on its costs, you may consider it a luxury that you cannot afford.

But if you regard it as a vehicle for managing risk—at a time in your life when you probably will be more vulnerable to the risk of substantial losses and less able to recover quickly—you may think of certain types of insurance as necessities while considering others only as optional. During retirement there are three major risks: risks to health, longevity, and property. Some of these risks should be addressed before the age of retirement.

Necessities

Medicare Supplement (Medigap) or Medicare Advantage Insurance. This coverage helps you to pay Medicare deductibles and the portion of hospital and medical charges that are approved by Medicare but not paid by it in a year when your total hospital and/or medical charges are high—something that can happen when you get older. Those who are willing to pay more to have a greater choice of services generally choose a Medigap policy. Those who prefer to save money and use a limited pool of medical service providers might prefer to use the Medicare Advantage program.

Prescription Drug Coverage. At a time when your need for prescription drugs may grow,

be sure that you have insurance to cover a substantial share of those costs. In some cases, a retiree will have the choice of using a prescription drug plan offered by a former employer. In other cases, a retiree's only choice will be to sign up for the new Medicare Part D drug plan. The latter is a voluntary program, however, so don't hesitate to sign up if that's your only option.

Possible Necessity

Long-Term Care (LTC) Insurance. This insurance is designed to help you to meet the high costs of nursing facility, assisted living and/or home care that you might incur if and when you are not able to handle the activities of daily living such as bathing and dressing.

While LTC insurance might not be for everyone, it is very important to evaluate such insurance while you are young and healthy, generally in your early 50s. The cost of this coverage is based on your age and health at the time you apply for coverage. By waiting to consider LTC insurance, many people risk the onset of health conditions that may subject them to higher risk classes with higher premiums, or, even worse, may make them uninsurable for LTC insurance. One of the biggest mistakes made when purchasing LTC insurance is to inadequately cover for inflation of LTC costs. LTC insurance can be purchased as an employee benefit, through an association or individually. Group plans often provide discounts or underwriting concessions.

Optional

Additional Life Insurance. If you have sufficient life insurance coverage—under a group and/or individual policy—and/or financial assets to provide for your spouse and/or other beneficiaries, including enough to help them during the first year after your passing, you probably won't need additional life insurance coverage. If not, shop among strong insurance companies for the plan that best meets your personal needs and is priced reasonably.

Cont. p. 4

Cluster Care Volunteer Program Wins National Award

Trina Mayhan-Webb, volunteer coordinator for the Cluster Care Volunteer Program, accepted the 2006 Aging Innovations Achievement Award at the n4a National Conference in Chicago in August. The National Association of Area Agencies on Aging chose only six programs in the country for this prestigious award.

In planning for and adapting services for a growing population of older adults, the Adult and Aging division of the Department of Family Services developed the Cluster Care model. The model has three components: task-based home care, volunteer services, and home-delivered meals. Volunteers link isolated adults with the community and provide needed assistance with daily tasks. Many clients need help with grocery shopping, transportation, light housekeeping, and yard work. Others simply need social visits or telephone calls from a friendly volunteer.

In March 2005, Trina Mayhan-Webb was hired to implement and oversee the Cluster Care Volunteer Program, and the first volunteer was recruited. Since educating and recruiting community members, the program has successfully gone from 1 volunteer to over 40. The tasks provided by the volunteers help keep seniors and adults 18 and older who meet functional and income guidelines living in their own homes as independently as possible. Because of the cluster model (grouping clients according to zip codes), several volunteers are able to assist more than one client on the same day. The socialization part of volunteering has been deemed the most rewarding aspect for both the client and the volunteer. Many clients are alone with no nearby family, are unable to get out into the community, and long for someone to just talk to on a regular basis. Friendships have developed out of this program.

If you are interested in volunteering, contact Trina.Mayhan-Webb@fairfaxcounty.gov or call **703-324-5184**.

Evaluating Insurance *Cont. From p. 3*

Continuing Coverage

In retirement, of course, you must maintain and budget for other insurance policies—such as for your home and cars—because retirement does not change your need to protect yourself against the risks of fires, floods, natural disasters, accidents, or other potential causes of losses. However, you should examine these policies to see whether you should add or delete anything—or raise or reduce the values of specific items such as jewelry or electronic equipment. You may find that you are still paying a premium for an item that you disposed of years ago. It's always a wise move to reevaluate your insurance needs as you transition into retirement.

Source: This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: Tim Murray, CFP®, an independent CERTIFIED FINANCIAL PLANNER™ Professional with Murray Financial, Inc. in Chantilly, VA., an independent financial planning firm providing fee-based (i.e., commission-free) investment advice. Tim offers a complimentary initial consultation by phone and follow-up consultations on an hourly basis. He may be reached by phone at 703-810-8424, via the Web at www.MurrayFinancial.com, or by e-mail at TimMurray@MurrayFinancial.com.

AARP Tax-Aide Volunteers Needed

Are you looking for a rewarding and challenging volunteer position in your community? AARP Tax-Aide, the nation's largest, free, volunteer-run tax counseling and preparation service, is seeking volunteers to electronically complete and file 2006 federal and state income tax forms. Volunteers of all ages and backgrounds are welcome, but ability to use a computer is a must. Evening and Saturday shifts are available.

Tax counselors receive free tax training and become IRS-certified by passing the IRS examination. For more information, call Patty Callahan at **703-207-0056**, or e-mail pcallahan@cox.net, or call toll free 1-888-AARP NOW (1-888-227-7669), or visit the Web site at www.aarp.org/taxaide.

Deborah Cloutier—Volunteer of the Month

by Leslie Trettau, Volunteer Reporter/Photographer

Deborah is no stranger to the super power of multitasking. She runs her own business, has a successful marriage, and gave birth to a beautiful baby girl six months ago. On top of all of that, she finds time to volunteer for the Fairfax Pets on Wheels Program (POW), and serves on its board of directors.

Deborah says she has always gotten along with older people and feels her work with the elderly is a “good fit.” She thinks she is very fortunate to live in Fairfax County and that it is a great community. Because of this, she wants to give back. She appreciates that she can do this while spending time with her faithful companion, Zoe.

Deborah and her 6-year-old chocolate labrador Zoe have been lighting up the lives of the residents of Powhatan Nursing Home in Falls Church for the last six years. Together they visit with any resident who expresses an interest. Deborah says Zoe’s presence can bring a smile to the faces of the people she encounters. Deborah has become acquainted with many of the patients there, and also their families who may be visiting at the same time. She chats with them, listens to their life stories, and sometimes takes them books on tape.

Deborah was born in Washington, DC, and has lived in Fairfax County for the last 10 years. She is married to Leo Cloutier, who is a vice president for *Advance Newhouse Inc.*, in Syracuse, New York. They live in Falls Church and have one daughter, Sophia.

She attended Washington College in Chestertown, MD, and has a degree in biology. Her business, *Real Estate Technologies, Inc.*, is an environmental consulting firm. She advises businesses on how being more energy efficient can be financially beneficial.

Deborah has become friends with the other volunteers in POW. They do things together socially, and she says they are “good people.” She thinks she gets more out of the program than she gives.



Deborah Cloutier and Zoe

Deborah enjoys walking with Zoe and sailing with her husband on their sunfish boat. She also enjoys cooking and gardening.

Free Document Shredding

November 4

10:00 a.m.-2:00 p.m.

Start collecting your sensitive documents (old checks, bank statements, tax returns)

Ravensworth Community Pool

Corner of Braddock & Inverchapel Roads

Busy Buddies, Inc. Move Management

www.busbuddiesinc.com

703-422-0797

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** *The symbol RR means reservations are required.* These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. Senior Centers will be closed on Monday, October 9, for Columbus Day.

Bailey's
Bailey's Community Center
5920 Summers Lane
Bailey's Crossroads, VA 22041
Phone: 703-820-2131

Mondays 11:00 a.m., Arthritis Exercise Class (no class 10/9 & 10/23).
 Wednesdays 10:00 a.m., Ceramics Class With Frankie Holloway. (RR)
 Mon. 10/2 11:45 a.m., CVS Presents *Headache Management*.
 Wed. 10/4 9:00 a.m.-1:00 p.m., Flu Clinic. Call **703-820-2131**.
 { Tue. 10/17 9:00 a.m.-1:00 p.m., 2-Day AARP Driver Safety
 Thur. 10/19 Program. \$10. (RR)
 Mon. 10/23 11:00 a.m., Fall Prevention Workshop.

City of Fairfax
4401 Sideburn Road
Fairfax, VA 22030
Phone: 703-359-2487

Tuesdays/Thursdays, FREE
 Individual Computer
 Classes. (RR)

Wed. 10/4 10:45 a.m., *Cabaret* at Arena Stage. Light Brunch
 at Senior Center at 10:00 a.m. \$45. (RR)
 Wed. 10/11 10:00 a.m., Naval Historical Center. Tour *USS Barry*.
 Lunch on Own at Food Court. (RR)
 Thur. 10/19 Fairfax Antique Arts Association. Carl Cotting Shows
 Collection of Victorian Miniature Oil Lamps.
 Fri. 10/20 1:00 p.m., Trip to Long Branch Plantation. Requires
 Some Walking. \$7 (includes picnic lunch). (RR)
 Sat. 10/21 10:00 a.m., Lunch/Private Tour of National Press Club,
 Washington, DC. Preselected Lunch. \$18. (RR)

City of Falls Church
223 Little Falls Street
(Next to City Hall)
Falls Church, VA 22046
Phone: 703-248-5020/5021

Blood pressure checks
 10:00-11:30 a.m.
 2nd and 4th Tuesdays

Thur. 10/5 10:15 a.m.-1:00 p.m., Ft. Ward Park. (RR)
 Wed. 10/11 12:00 p.m., October Birthday Celebration With Beryl. (RR)
 Fri. 10/13 10:15 a.m.-1:00 p.m., Wegmans. (RR)
 Thur. 10/26 9:30 a.m.-12:00 p.m., Flu Shots (no reservations taken).
 Fri. 10/27 10:15 a.m.-1:00 p.m., World Market at Bailey's. (RR)
 Fri. 10/27 10:30 a.m.-2:30 p.m., Discover Hawaii. (RR)
Call for Details: Halloween Party, Fall Foliage Trip, and Charles Town
 Races and Slots.

Franconia/Springfield
6300 Beulah St.
Alexandria, VA 22310
Phone: 703-924-9762

Fridays 12:30 p.m., Bingo.
 Thur. 10/05 10:30 a.m., Trip to National Art Gallery. (RR)
 Thur. 10/12 10:30 a.m., Moose Lodge Party—Fall Fest. (RR)
 Wed. 10/18 9:00 a.m.-4:30 p.m., Trip to Graves Mt. Lodge. \$26. (RR)
 Tue. 10/31 11:00 a.m., Halloween Costume Party.

Groveton at South County
8350 Richmond Highway
Ste. 325
Alexandria, VA 22309
Phone: 703-704-6216

Wednesdays 10:30 a.m., Bridge Club—Looking for New Players!
 Wednesdays 2:30 p.m., Ballet & Stretch—New Time!
 Thursdays 11:00 a.m., Conversational Spanish With Julia.
 Fridays 10:15 a.m., Friday Morning Movie.
 Thur. 10/19 10:00 a.m., Music With Steve McIntire.

S E N I O R C E N T E R

<u>Gum Springs</u> <i>Gum Springs Community Center</i> 8100 Fordson Road Alexandria, VA 22306 Phone: 703-360-6088	Mondays	10:00 a.m., Sewing and Quilting.
	Tuesdays	10:30 a.m., Ceramics.
	Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
	Thursdays	1:00 p.m., Bingo.
	Fridays	10:00 a.m., Low-Impact Exercise.
<u>Herndon Senior Center</u> 873 Grace Street Herndon, VA 20170 Phone: 703-464-6200	Tue. 10/10	1:00 p.m., CVS Talk on <i>Headache Management</i>
	Thur. 10/12	4:30 p.m., "Nana, Mom, 'n Me" Card-Making Workshop. Family Program for Children 10 Years of Age or Older With Parent/Grandparent. \$1/Card. (RR)
	Sat. 10/21	10:00 a.m.-4:00 p.m., Silver Light 2nd Anniversary. Call for Reservations and Lunch Cost.
	Tue. 10/31	Halloween Fun All Day. Special Lunch. Reservations and Regular Lunch Donation Required.
<u>Hollin Hall</u> 1500 Shenandoah Road Alexandria, VA 22308 Phone: 703-765-4573	Tuesdays	10:00 a.m., New Electronic Products With Bob Brubaker. (RR)
	Mon. 10/2	1:00 p.m., Music of 50s, 60s With DJ Steve. (RR)
	Fri. 10/6	10:00 a.m., Computer Club Meeting. Advice, Instruction and Individual Sessions. Call 703-765-4573 for Upcoming Classes.
	Fri. 10/20	10:00 a.m., Photo Club.
	Sat. 10/21	9:00 a.m.-2:00 p.m., Advisory Council's Annual Mega Bazaar—Crafts, Silent Auction, Food!
<u>James Lee</u> James Lee Community Center 2855 Annandale Road Falls Church, VA 22042 Phone: 703-534-3387	Mondays	10:00 a.m., Shopping Trip Days. (RR)
	Mondays	10:30 a.m., Beginner's Line Dancing Class. (RR)
	Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
	Mon.-Fri.	10:00 a.m.-2:00 p.m., Rummikub Club.
	Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
	Wednesdays	10:30 a.m., Independent Sewing Club.
	Thursdays	12:30 p.m., Senior Computer Class (seats are limited).
	Fridays	12:30 p.m., Ballroom Dancing Class.
<u>Lewinsville</u> 1609 Great Falls Street McLean, VA 22101 Phone: 703-442-9075	Mon. 10/2	11:45 a.m., CVS Talk on <i>Headache Management</i> .
	Fri. 10/6	12:30 p.m., World Smile Day.
	Thur. 10/19	10:00 a.m.-12:00 p.m., Caregivers: Glucose/Blood Pressure Checks.
	Mon. 10/30	10:30 a.m., Halloween Parade.
	Mon. 10/30	12:30 p.m., Monthly Birthday Party.
<u>Lincolnia</u> 4710 North Chambliss St. Alexandria, VA 22312 Phone: 703-914-0223	Tue. 10/10	10:30 a.m., CVS Talk on <i>Headache Management</i> . (RR)
	Tue. 10/10	10:30 a.m., Free Blood Pressure Check (walk in).
	Tue. 10/10	1:00 p.m., Niagara Falls Program. (RR)
	Mon. 10/16	6:00-8:00 p.m., Open House: Information Expos, Blood Pressure Screening, Snappy Tappers/Lincolnia Chorus. Make Your Own Ice Cream Sundaes! (RR)
	Wed. 10/18	9:00 a.m.-4:30 p.m., Trip to Graves Mountain Lodge. \$25 Includes Lunch, Tax, Tip, and Motor Coach. (RR)

HIGHLIGHTS CONTINUED

<u>Little River Glen</u> 4001 Barker Court Fairfax, VA 22032 Phone: 703-503-8703	Thursdays	1:15 p.m., Beginner Tap Dance Lessons.
	Wed. 10/4	10:00 a.m., 8-Week Gentle Yoga Class Starts. (RR)
	Tue. 10/10	7:00-8:30 p.m., Caregiver Seminar, <i>When Is It Time to Give up the Keys and Credit Cards?</i>
	Sat. 10/14	11:00 a.m.-2:00 p.m., Celebrate Little River Glen's 16th Anniversary. Entertainment, Refreshments!
Blood Pressure Checks 10 a.m., 2nd & 4th Fridays	Wed. 10/18	1:00 p.m., Monthly Birthday Party With Smart Alex.
	Thur. 10/19	1:00 p.m., CVS Talk on <i>Headache Management</i> .
<u>Lorton</u> 7722 Gunston Plaza Lorton, VA 22079 Phone: 703-550-7195	Mon. 10/2	10:00 a.m., Senior Academy for Technology Workshop: Mail-Merge for Holiday Card Lists. \$2 (RR)
	Mon. 10/2	12:30 p.m., Line Dancing Classes—Beginner/Intermediate. Offered Quarterly. \$5 (RR)
	Wed. 10/4	2:30 p.m., Ballroom Dancing Class Starts. \$5. (RR)
	{ Thur. 10/5	9:00 a.m.-2:00 p.m., 2-Day AARP Driver Safety Program, \$10. (RR)
	Fri. 10/6	
	Thur. 10/12	12:30 p.m., Dr. Moalemi Presents <i>Congestive Heart Failure: Part 2, Treatment & Prevention</i> . (RR)
	Fri. 10/13	10:30 a.m., Experience Jazzercise! 2nd and 4th Fridays.
	Fri. 10/6	1:00 p.m., Line Dancing Class.
<u>Pimmit Hills</u> 7510 Lisle Avenue Falls Church, VA 22043 Phone: 703-734-3338	Thur. 10/12	10:30 a.m., Crochet Class.
	Mon. 10/16	9:30 a.m., Ceramics Class. \$TBD. (RR)
	Fri. 10/20	11:00 a.m., Asian Art Classes. (RR)
	Tue. 10/24	10:30 a.m., Basic Computer Class. \$5/4 Weeks. (RR)
	Mon. 10/30	11:00 a.m., Jazzercise Class.
<u>Sully</u> 5690 Sully Road Centreville, VA 20124 Phone: 703-322-4475/4479	Tuesdays	Basic Computer Class, 10/10, 10/17, 10/24. (RR)
	Wednesdays	Basic Internet Class, 10/11, 10/18, 10/25. (RR)
	Mon. 10/16	12:30 p.m., Middle Eastern Dance Demo! 2 Free Classes, 10/23 & 10/30. (RR)
	Tue. 10/17	10:30 a.m.-12:00 p.m., Art Class. \$5/6 Weeks + \$5 Supplies.
	Tue. 10/17	12:30 p.m.-2:00 p.m., Art Class. \$5/6 Weeks + \$5 Supplies.
	Tue. 10/17	12:30 p.m., Fire Safety With Mary.
	Mon. 10/23	10:30 a.m.-12:00 p.m., Flu Shots. Registration by 10/6.
	{ Mon. 10/30	10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety Program. MUST Attend Both Days. \$10. (RR)
	Tue. 10/31	
<u>Wakefield</u> Audrey Moore RECenter 8100 Braddock Road Annandale, VA 22003 Phone: 703-321-3000	Thursdays	10:30 a.m., Jazzercise With Kate.
	Fri. 10/13	11:00 a.m., Guest Speaker Discusses <i>Pain Management</i> .
	Fri. 10/18	9:00 a.m.-4:30 p.m., Trip to Graves Mountain Lodge. \$26. (RR)
	Fri. 10/27	10:00 a.m.-3:00 p.m. Health Fair. Flu/Pneumonia Shots. Vision and Hearing Screening. (RR)

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

Jobs for Seniors (50+)
SENIOR EMPLOYMENT
RESOURCES
703-750-1936
www.seniorjobs.org
 (Nonprofit Organization)

INVESTIGATE CONTRACTORS BEFORE YOU SIGN A CONTRACT

by Ellyn Kay, Investigator, Cable Communications and Consumer Protection

The aftermath of severe storm damage often results in an increase in consumer complaints resulting from contractor fraud or shoddy repairs by unlicensed contractors. Always ask to see a copy of a contractor's license from the Virginia Department of Professional and Occupational Regulation (DPOR), or you may check for a valid contractor license at www.state.va.us/dpor or 1-804-367-8511. In addition, any contractor seeking work through home solicitation must carry a solicitor license issued by the Fairfax County Consumer Protection Division. Here are some precautions you should take:

- Check a contractor's licensing credentials. Write down the license number, expiration date, name of the licensee, address and phone numbers. (Make sure the contractor has a current physical address, not a P.O. Box.) Find out how long the contractor has held a license and check for any disciplinary action taken by DPOR. Make sure the contractor has a personal liability insurance policy and verify it with his insurance agent.

- Call the Fairfax County Department of Public Works and Environmental Services' Permits Branch at **703-324-1555**, TTY 711, to determine whether a permit is necessary for the intended work. Ask for information on each contractor's licensing and disciplinary status.

- Obtain bids from three contractors, ask for three references from each, and find out if the contractor provided a monetary discount or payment in exchange for using a consumer as a reference. Insist on a detailed written contract with a start and completion date. **Do not** sign anything that you do not understand. **Do not** pay cash. **Do not** rely on verbal agreements. **Do not** pay more than 10% down, and do not allow payments to get ahead of the work. **Do not** succumb to high pressure or scare tactics, over-friendly sales pitches, materials left over, or escalating prices.

Search the Consumer Protection Division's Complaint History files online at www.fairfaxcounty.gov/consumer to locate any complaints previously filed against a contractor. If you have any questions regarding a solicitor or contractor, contact the Fairfax County Consumer Protection Division at **703-222-8435**, TTY 711.

October 15 is White Cane Safety Day!

October 15 is a day of special significance for American people who are blind or visually impaired. The white cane represents a symbol of independence for blind or visually impaired people to travel to school, work, and community events and facilities.

The Northern Virginia Council of the Blind would like to remind drivers of the Virginia White Cane code law to protect the safety of pedestrians guided by a dog or carrying a white, red-tipped white, or metallic cane.

Whenever a totally or partially blind pedestrian crossing or attempting to cross a highway in accordance with the provisions of Section 46.2-923 is guided by a dog guide or carrying a cane which is predominantly metallic or white in color, with or without a red tip, the driver of every vehicle approaching the intersection or place of crossing, shall bring his vehicle to a full stop before arriving at such intersection or place of crossing, unless such intersection or place of crossing is controlled by a law-enforcement officer.



Part D Premium Refunds Sent in Error

The Centers for Medicare and Medicaid Services (CMS) have sent letters to a relatively small number of beneficiaries about a refund they received in error with respect to Part D premiums withheld in their Social Security checks. These beneficiaries are continuing to receive their drug coverage through their Part D plans without any interruption.

CMS recently learned that, as a result of a Medicare processing error, some beneficiaries' drug plan premiums, which are withheld from their Social Security checks at their request, have been incorrectly processed. Some beneficiaries received a separate extra payment, refunding the amount of their premiums withheld to date, via electronic fund transfer or by check in mid-August. In short, they have received money from Medicare that they should have not received, and they will be asked to pay it back to the government. The average amount in the extra payment is around \$215, with most beneficiaries receiving under \$200 in error.

This situation affects a small subset—about 230,000 people or 5%—of the 4.6 million beneficiaries who have their drug plan premiums withheld by the Social Security Administration. The affected beneficiaries reside in all states in the U.S. and in the territories. No beneficiary enrolled in the limited-income subsidy (LIS) is affected.

These beneficiaries are now receiving letters from CMS informing them of the error. The letter makes four points:

1. Beneficiaries still have their Medicare drug coverage, and Social Security already has paid the premium for the coverage.
2. Beneficiaries should set aside the extra payment they received.
3. The extra payment must be returned through a process to be communicated by CMS.
4. Medicare will restart withholding premium payments from Social Security checks on October 1. The letter also reminds beneficiaries that Medicare will not ask them to provide any personal, Social Security, or banking information

and asks beneficiaries to continue to protect their personal information.

CMS is currently examining options about recoupment of the erroneous payments. Once CMS has a plan for this recoupment that minimizes any potential burden or disruption to beneficiaries, they will notify the beneficiaries how to return the money. If you have any additional questions, please contact Kate Claessens at **202-690-5525** or Laurie McWright at **202-690-5950** in the CMS Office of Legislation.

End of Car Tax Subsidy for Delinquent Tax Years

Residents who were still delinquent on their car tax bills for tax year 2005 and prior are now required to pay 100% of the full outstanding balances. Previously, vehicle owners only paid taxes on 30% of the value on qualifying vehicles. However, because of state changes in the car tax program, residents who were still delinquent as of September 1, 2006, are now responsible for 100% of the total tax due. State car tax subsidies for unpaid prior years have now expired.

The Personal Property Tax Relief Act (Car Tax) of 1998 provides tax relief on personal property tax on the first \$20,000 of value for qualifying vehicles. The relief applies to any passenger car, motorcycle, pickup or panel truck having a registered gross weight of less than 7,501 pounds. The vehicle must be owned or leased by an individual and not used for business purposes.

To pay online or for more information, visit www.fairfaxcounty.gov/dta or call the Department of Tax Administration at **703-222-8234**, TTY 703-222-7594.

HEALTH INSURANCE QUESTIONS?
Call the Virginia Insurance Counseling &
Assistance Program (VICAP) at
703-324-5851.

Fix Feet *Cont. From p. 1*

exercises, orthotics and athletic shoes with good shock absorption and support. If a bunion, heel pain or other condition requires surgery, patients can participate during their recovery in non-weight-bearing activities, such as riding a stationary bike, swimming or weight training.

For those moderately to severely overweight, a thorough physical examination is mandatory before beginning an exercise program. Once cleared by your physician to begin exercising, don't try to do too much too soon.

Follow a gradual routine until your body adjusts to the stress of regular physical activity. For example, overweight patients often are counseled to avoid working out on treadmills or elliptical machines to minimize pounding and stress on their joints.

Shedding excess pounds helps diabetic patients control their disease, but many who experience foot ulcerations and vascular problems caused by diabetes might think they shouldn't exercise. Every diabetic patient needs regular foot exams to check for possible sore spots and assess nerve sensation. With proper diabetic foot care and the right footwear, most patients can follow an exercise regimen that is safe and appropriate for them.

For those who are planning to lose a few pounds, painful foot deformities can be a limiting factor. Make an appointment with a foot and ankle surgeon and have your feet evaluated before starting any exercise program. You also should be evaluated by your medical doctor.

***Source:** Dr. Kenneth Wilhelm is a podiatric physician and surgeon, podiatrist, who has been practicing in Northern Virginia for 8 years. He has offices in Annandale and Alexandria. He may be reached via e-mail at Podken1@aol.com. Appointments may be scheduled via his office at 703-379-0700. For further information about diabetic foot conditions, contact Dr. Wilhelm at 703-379-0700 or visit www.FootPhysicians.com.*

Free Home Repair Services

Is your home in need of rehabilitation or repair? If the answer is yes and you find it difficult to pay for these services, RPJ Housing may be able to help you. For nearly 20 years, RPJ Housing has been providing free home repair services to limited-income homeowners through its Rebuilding Together and Hearts and Hammers programs. Since 1988, over 53,000 community members have repaired 2,000 homes and nonprofit facilities.

All the work is done for free by teams of volunteers with skills ranging from novice to professional. These dedicated community members repair floors, ceilings, walls, doors, and roofs; install grab bars, railings, and smoke detectors; address minor plumbing and electrical repairs; build ramps, paint, and attend to yard work.

Applications are available to homeowners living in Arlington and Fairfax counties and the Cities of Falls Church and Fairfax. To qualify for these programs, residents must own and live in the home to be repaired. The income level for an individual cannot exceed \$41,700. For each additional person in the home the income level increases by increments of \$4,500-\$6,000. Priority is given to seniors and persons with disabilities.

For more information on these programs, please call RPJ Housing at **703-528-5606**, Ext. 16, or visit the Web site at www.rpjhousing.org.

EMERGENCY PREPAREDNESS BROCHURES FOR SENIORS AND PEOPLE WITH DISABILITIES

Two new brochures are available that highlight the key steps that older and disabled people and their families and caretakers should take before emergencies occur. For free copies of these brochures, visit www.ready.gov, or call 1-800-237-3234 (BE-READY).

A third new publication, *Emergency Evacuation Planning Guide for People with Disabilities*, is available from the National Fire Protection Association. It may be downloaded from the Web site at www.nfpa.org.

The Fairfax County Public Library presents

What We Know About You

Explore the changing balance of privacy, security and community concerns.

Tuesday, October 24 at 2 p.m.

Richard Byrd Library • Springfield, VA
Free; sign up: 703-451-8055

Thursday, November 2 at 2 p.m.

Martha Washington Library • Alexandria, VA
Free; sign up: 703-768-6700




Dr. Janette Muir
George Mason University

Material provided by Preview Forum,
a Roundtable Project.



www.fairfaxcounty.gov/library

 Reasonable accommodations will be made upon request.
Call 703-324-8380 or TTY 703-324-8365.



Providence Players of Fairfax

2006 -2007 Season - Tickets On Sale Now

Fall Production opens Oct. 13

The Time of Your Life

A Pulitzer Prize Comedy by William Saroyan

October 13, 14, 20, 21, 27 and 28 at 7:30 PM

October 15 and 22 at 2:00 PM

Winter Production opens Feb. 23, 2007

Good Help is so Hard to Murder

A comedic farce by Pat Cook

February 23, 24, March 2, 3, 9, 10, at 7:30 PM

February 25 and March 4, at 2:00 PM

Spring Production Opens May 4, 2007

Twelfth Night

A groovy comedy by William Shakespeare

May 4, 5, 11, 12, 18, 19 at 7:30 PM

May 6 and 13 at 2:00 PM

The James Lee Community Center
2855 Annandale Road

Falls Church, VA 22042

Off Arlington Blvd. Between

Loehmann's Plaza and Seven Corners

Information & Tickets

www.providenceplayers.org

Phone: 703-425-6782

Email: providenceplayers@cox.net

Always Affordable

Single Show Tickets:

Adults: \$15 Students/Seniors 62+: \$12

Season Tickets - All Three Productions:

Adults: \$35 Students/Seniors 62+: \$25

New Korean Phone Line Helps Korean Seniors

Have you ever been in a foreign country and felt lost because you did not know the language? Many older adults have great difficulty learning a new language.

Our community is rich with seniors who speak other languages and some speak only that language. Because of their limited English skills, many of these seniors are not aware of the health and social services available to them.

The Fairfax Area Agency on Aging (AAA) and the county's Long-Term Care Coordinating Council saw the needs of these special populations and took action. A partnership comprised of the Fairfax Area Agency on Aging, the Korean Community Service Center of Greater Washington, the Korean Central Senior Center, and SeniorNavigator was formed to address these needs.

In September, a telephone assistance program for Korean-speaking seniors and families who need information about services for seniors was launched. The initial response to this program has been tremendous. The Korean volunteers are enthusiastic about the opportunity

to help seniors in their community. They have completed two days of training and have begun to help with the phone line.

Monolingual Koreans may call **703-324-3543** and leave their questions about services for seniors offered in Fairfax County, such as transportation, housing, home-delivered meals, senior centers, and in-home services. Korean-speaking volunteers return calls in the evening or on weekend with information about the services.

The Korean telephone assistance program, officially called the Korean Language Information and Assistance Partnership, is a pilot program that focuses on outreaching to the older adults of the Korean community that are isolated due to the language barrier. The AAA hopes that what is learned from this pilot program will help design additional outreach programs in other languages.

Please tell your Korean friends, neighbors, and family members about this important phone number: **703-324-3543**



Korean Language Information and Assistance Partnership. Back row, standing (*left to right*): Enna Lee, Michelle Miller, Dr. Myung Jun, Aeda Chung, unidentified by request, Kristine Choe, Young Suk Lowe, and Se Woong Ro. Front row (*left to right*): Samuel Kim, Song Ho, and Hyung Sook Kim.

VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **Alzheimer's Association** needs volunteers to work in the Helpline office in Fairfax. Duties include answering calls from caregivers, families, and community members and providing information on Alzheimer's disease, resources, and chapter services. Hours are flexible and training is provided. Call Eileen Thompson at **703-359-4440, Ext. 122**.

The **Carlyle House Historic Park** in Old Town Alexandria needs volunteer docents to give public tours of the mansion. Training is provided monthly. Call Erin Adams at **703-549-2997** or erinadams@cavtel.net.

The **Fairfax Area Agency on Aging's Volunteer Home Services** program needs volunteers in the Alexandria, Annandale, Falls Church, McLean, Reston, Route 1, and Springfield areas. Volunteers assist with a variety of services such as grocery shopping, household tasks and minor repairs, transportation for medical appointments and errands. Volunteers are on call and help when available. Especially needed are volunteers who speak Spanish, Farsi, and Vietnamese, and who know American Sign Language. Call the Volunteer Intake Line at **703-324-5406**.

The **Fairfax County General District Court** needs volunteer court assistants. Duties include doing interviews to determine defendant's eligibility for counsel; directing the public to court locations; processing attorney and interpreter information; and filing and shredding documents. Bilingual volunteers are especially needed. A 4-hour weekly commitment is required. Call Deborah Harrison at **703-246-4760**.

The **Fairfax County Public Schools** need volunteers for their Volunteer Learning Program. Volunteers work one-on-one with adult

learners in public libraries or adult learning centers. Training is provided. Call **703-246-2139** or e-mail VLP@fcps.edu.

Fairfax Court Appointed Special Advocates (CASA) is recruiting volunteers to work with abused and neglected children who have been referred by the court. Volunteers conduct home visits, attend court hearings, and work with other professionals to advocate for the child. A 1-year commitment is requested. Training is provided. Call Meloni at **703-273-3526** or e-mail mhinnant@casafairfax.org.

The **Fairfax-Falls Church Community Services Board's Northwest Center for Community Mental Health** needs volunteers for their Anger & Domestic Abuse Prevention & Treatment Team. Volunteers would facilitate an 18-week course in the Chantilly office to a group of domestic abuse offenders who have been court-ordered to participate. Intense training is provided. Call **703-968-4017**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-324-3583

Phone: 703-324-5407

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$41,700 for 1 person*, or \$47,000 for 2 persons.*

Typical services include:

- Minor electrical repair
- Plumbing work
- Painting
- Repairing steps, floors, etc.
- Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**
Call **703-246-5154** TTY: **703-385-3578**

Fairfax County is committed to nondiscrimination on the basis of disability in all County programs, services and activities. Special accommodations will be provided upon request. For information call 703-246-5101 or TTY 703-385-3578.



CAREGIVER'S CORNER

Visit the Web site at http://www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm.

Resources for Kinship Care Families

"If Momma says no, go ask Grandma" You have heard the phrase, and perhaps have been a willing participant. The bottom line is Grandma may spoil the child but the understanding is that Mom or Dad gets to take him home at the end of the day.

For some families, Grandma and Granddad or other relatives are the custodial parents who are raising the grandchild. They are referred to most commonly as kinship care families. Nationally, about 6 million children are being raised by relatives. In Fairfax County, there are about 4,600 grandparent-headed households.

In Fairfax County, there are a number of resources available to assist kinship care families.

1. The Kinship Care Resource Guide for Grandparents and Other Relatives Raising Children. This new resource guide lists local services, how to access them, and eligibility requirements or cost. It also offers assistance with health care, legal help, social services, child care, school enrollment, after-school care, mentoring, and more. The Fairfax County Department of Family Services, in partnership with Fairfax County Public Schools and others, is making the guide available on request to assist kinship families. To obtain a copy, call **703-324-5870**, TTY 703-222-9452.
2. Cable TV Program. Watch Fairfax County cable Channel 16 for a *Senior Times* feature on kinship care.
3. Grandparents' Day Out. In August, a partnership of Fairfax County Community and Recreation Services, Fairfax County Department of Family Services, Fairfax County Office of Systems, and Fairfax County Public Schools sponsored a Grandparents' Day Out, which provided a day of respite for kinship families. The custodial family members had

a chance to do whatever they wanted for several hours on a Saturday, while the children were cared for with organized activities planned by county staff. Other respite days are being planned, so watch the *Golden Gazette* for more information.

4. Support Groups. For a number of families, attending a support group with other relatives raising children is a great help. Grandparents who are raising minor children usually come to this task due to some complex and heart-rending situation. There may be a divorce, illness, death, incarceration, or other issues that have caused the parents to be unable to care for their own children. Both the children and the family members are dealing with various kinds of loss and the stress that comes from forming new family units. A support group is a place to find out that you are not alone, and to find resources for the job ahead.

To obtain more information about resources available to assist you if you are a relative caring for minor children, call the Fairfax Area Agency on Aging at **703-324-7948**.

No Anticipated Shortage of Flu Vaccine This Year

The Centers for Disease Control and Prevention (CDC) announced in September that influenza (flu) vaccine manufacturers are expecting to produce and distribute more than 100 million doses of influenza vaccines in the United States between now and early January 2007. Manufacturers already have begun to ship this season's influenza vaccine, with almost all of the vaccine expected to be shipped and distributed in October and November.

According to the CDC the best time for vaccination is October and November before the flu season starts. Some of the senior centers (pages 9-11) already have flu clinics scheduled for October.

COMMUNITY CALENDAR

October 1. 2:00-4:00 p.m. **Autumn Nature Walk.** Join naturalist Gary Knipling to explore the flora and wildlife on one of Gunston Hall's nature trails. Wear appropriate foot gear for a round trip of approximately 1.5 miles on moderate terrain. Gunston Hall Plantation, 10709 Gunston Rd., Mason Neck. \$8/adults; \$7/seniors. Reservations at **703-550-9220** and online discount at www.gunstonhall.com.

October 3. 11:00 a.m. **Knitting Class for Adults.** Bring a pair of six-8 needles and yarn. Great Falls Public Library, 9830 Georgetown Pike, Great Falls. Registration required. **703-757-8560**, www.fairfaxcounty.gov/library.

October 5. 2:00-3:30 p.m. **Technology for Aging Eyes and Ears.** Jennifer Durand from the Access Services branch of the Fairfax County Public Library will discuss various technologies for aging eyes and ears, with an emphasis on eyes. There will be hands-on demonstrations and light refreshments. Reston Community Center, Hunters Woods, 2310 Colts Neck Rd., Reston. \$5/resident, \$10/nonresident. **703-476-4500** or www.restoncommunitycenter.com.

October 8. 9:00 a.m.-5:00 p.m. **The Clifton Day Festival.** Music, arts and crafts and antique country fair. The town's streets are closed so that unique craftsman line the avenues. Special areas are designated for horseback rides, Civil War reenactments, arts and crafts, antiques, historic displays and a flea mar-

ket. Rain date: **10/15/06. 703-968-0740.**

October 14. 10:00-11:30 a.m. **Apprentice Naturalist-Birding Basics.** Explore this growing hobby. Learn how to use binoculars and other available technology. Review field guide choices. Practice your skill in the Cub Run stream valley. Reservations required. \$5. Cub Run RECenter, 4630 Stonecroft Blvd., Chantilly. **703-817-9407.**

October 17. 7:00 p.m. **Memory Loss & the Brain.** Neurologist Dr. James Bickel discusses coping strategies. Cosponsored by Inova Health Source. Sherwood Regional Public Library, 2501 Sherwood Hall Ln., Alexandria. To register, call **703-204-3366.**

October 18. 7:00-9:00 p.m. **Understanding Your Credit Report.** Learn how to obtain, read, understand and dispute information on your credit report. Learn tips to avoid identity theft and what to do if you're a victim. Free, but registration required. NO walk-ins. The Women's Center, 127 Park St., NE, Vienna. Call **703-281-2657** to register or visit www.thewomenscenter.org/calendar.

October 28. 10:00 a.m.-2:00 p.m. **Relaxation Retreat.** This program to renew and improve your health includes musical chi gong; yoga for energy; breathing exercises; body and eating awareness; deep relaxation; nutritional snack; and take-home routines. \$50/McLean residents, \$60/nonresidents. McLean Community Center, 1234 Ingleside Ave., McLean. **703-790-0123.**



Chrysanthemum Show

OCTOBER 21-22

The Old Dominion Chrysanthemum Society, Northern Virginia's chapter of the National Chrysanthemum Society, will host this year's National Show and Exhibition at the Hyatt Regency-Dulles hotel. The free exhibit will be open to the public on Saturday, October 21, 1:00-5:00 p.m., and on Sunday, October 22, 10:00 a.m.-3:00 p.m.

Mum growers from all over the United States will be exhibiting over 500 single-stem miscellaneous Chrysanthemum cultivars, as well as hanging baskets, container-grown plants, cascades, bonsai and fukusuke classifications, in addition to elaborate design arrangements.

Experienced growers will be on hand to answer any questions on how to grow these beautiful flowers in your home gardens.

For more information, contact Jim Dunne at **703-560-8776.**

**TO ADD, CORRECT, OR DELETE
YOUR NAME
FROM OUR MAILING LIST,
CALL 703-324-5633.**